



TIME FOR
CARE FOR U

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|--------------------|----|------------------------|
| U Check | OR | U Journal |
| Afternoon nap | OR | Early bedtime |
| Time with family | OR | Time with friends |
| Board game | OR | Art Activity |
| Read a book | OR | Listen to music |
| Stay indoors | OR | Go outdoors |
| Jammies | OR | Comfy clothes |
| Shower | OR | Bath |
| Movie time | OR | 30 minutes of exercise |
| Social media break | OR | TV break |



YOUR FAVORITE SELF CARE THING TO DO:

